

# KNOW YOUR NUMBERS YEAR 2

As we continue our workplace wellness initiative into its second year, Rutherford County and Cigna are encouraging ALL employees and their spouses currently enrolled in a County medical plan to complete a confidential, online Health Assessment by November 30, 2014. **There is no biometrics screening requirement this year.**

**If you (AND your covered spouse, if applicable) DO NOT take the Health Assessment by November 30, 2014, you will pay a \$300 annual wellness fee through monthly payroll deduction, starting with the first payroll after January 1, 2015. If the spouse is enrolled, both must take the assessment or the entire fee will apply.**

Employees and spouses who enroll in a medical plan for the first time as of January 1, 2015, as well as employees who were hired on or after October 1, 2014, are exempt from the 2015 requirement, but must meet the 2016 requirement described below to avoid the fee beginning January 1, 2016. Simply follow the steps below.



## How to take the Health Assessment

- 1** Go to **www.myCigna.com** and log in with your user name and password.
- 2** If you're a first-time user, click Register Now to set up a user name and password. If you're a dependent, you must register under the policyholder's Social Security number. For help logging on, you can call the Cigna registration help desk at 1-800-853-2713.
- 3** Once logged on, look for Take My Health Assessment and click Go Now.

## TIPS

- If you received a biometrics screening last year and your results were processed through LabCorp or Quest, your results will be pre-populated in your Health Assessment. If those results don't appear in your assessment, you can enter them.
- The Health Assessment is powered by Zensey®, a social network you can engage in all year long to help reach your health goals: find support, take advantage of team challenges and earn rewards.
- Choose a Zensey username or "nickname." To maintain your privacy, do not use your name as your nickname.



## Taking steps to better health

How to avoid the fee

### 2016

- Get a biometrics screening (fasting labs) at an in-network provider or a Med Point clinic between January 1 and November 30, 2015 (employee and covered spouse). Biometric screenings are not available at Walgreens retail locations.
- Re-take the Health Assessment between July 1 and November 30, 2015 (employee and covered spouse).

### 2015

Take the Health Assessment by November 30, 2014 (employee and covered spouse).

Continued

# FREQUENTLY ASKED QUESTIONS

Here are some frequently asked questions about the Health Assessment and **myCigna.com**.

## What is a Health Assessment?

The Health Assessment is an online questionnaire that asks questions about your life, job, stress level and overall health. It helps to know your weight, blood pressure and cholesterol levels. If you don't know this information, you can answer, "I'm not sure," but answering all questions produces the best results.

The Health Assessment takes about 10 minutes to complete. You will receive a wellness report via email (usually within one week) that explains any health risk factors you may have. You can print the report and share it with your doctor.

## I have taken the Health Assessment. How do I know Cigna has received it?

If you receive an email with your wellness summary, Cigna has received your assessment results and the requirement is complete. If you have not yet received an email, log onto **www.myCigna.com**. Under the Manage My Health tab, select Incentive Awards Program to view two boxes. One shows maximum points needed; one shows the number of points earned. If these points match, Cigna has received your results. Keep in mind: It may take up to a week for your Health Assessment to be received and processed by Cigna.

## Who sees my Health Assessment results?

In accordance with HIPAA\*, your personal health information is protected by law. Your individual Health Assessment answers are completely confidential and will not be shared with anyone at Rutherford County. The County will receive an aggregate data summary of participants' Health Assessment results. This report does not include any personally identifiable information but provides information such as the number of individuals with certain conditions (e.g., diabetes, asthma, heart disease) so we can create wellness programs that help employees improve in those areas.

## Do my children have to take the Health Assessment?

No. Only the employee and covered spouse, if applicable, are asked to take the Health Assessment. Dependent children who are covered under the County's insurance plans are not required to take the Health Assessment.

## What happens next?

Employees and their spouses will receive an email (usually within one week) with their wellness report. If your Health Assessment reveals areas needing improvement because of a chronic health condition, a Cigna coach will contact you by phone. It is your choice to speak to the health coach or not. It is an additional resource available to you.

## What else can I do on myCigna.com?

**myCigna.com** is completely personalized, so it's easy to find what you need to better manage your health and health care expenses. You can:

- Find doctors and medical services
- Print a temporary insurance card and request a replacement card
- Manage and track claims
- See cost estimates for medical procedures
- Compare quality of care ratings for doctors and hospitals
- Access a variety of health and wellness tools and resources

\* Health Insurance Portability and Accountability Act

